

RADIO SHOW - OBESITY

Sharon: This is the Healthy Kansas Minute. I'm Sharon Watson, and with me is Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment. Good morning, Dr. Rodenberg!

Dr. Howard Rodenberg: Good morning, Sharon!

Sharon: In 2005, 11.9 percent of Kansas kids in grades 6 through 12 were overweight, and 13.3 percent were at risk for becoming overweight. What can parents do to help their kids stay healthy?

Dr. Howard Rodenberg: One thing parents can do is encourage kids to stay active. This also means limiting time spent with television and videogames.

Sharon: Encouraging children to eat healthy is important, too, right?

Dr. Howard Rodenberg: Children should receive at least five servings of fruits or vegetables every day. That goes for adults, too!

Sharon: What else can parents do?

Dr. Howard Rodenberg: Parents must lead by example. And, they can participate in decisions on sports, physical education classes, and food choices at their child's school.

Sharon: Thank you, Dr. Rodenberg. To learn more about health in Kansas, please visit www.healthkansas.gov. That's www.healthkansas.gov. This has been the Health Kansas Minute!